



## The exclusive STOTT PILATES® Licensed Training Center in Texas

It is our objective to offer you an enjoyable and positive educational experience.

[www.pilatessouthtexas.com](http://www.pilatessouthtexas.com)

### Training Center Address:

CENTER POSE, INC. d/b/a PILATES SOUTH TEXAS  
3000 Wesleyan Street, Suite 111  
Houston, TX 77027

### Contact Information:

Chau Pham-Kid, Owner & Lead Instructor Trainer  
(888) 838-3664, ext. 2  
info@pilatessouthtexas.com

### **VIRTUAL STOTT PILATES® INTENSIVE PROGRAMS (Level 1)**

**Schedule:** Central Time Zone

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| <p><b>IMP - Intensive Mat-Plus™, 2<sup>nd</sup> Edition (40 hrs)</b><br/> <b>Prerequisites:</b> Desire to learn the STOTT PILATES® Principles while incorporating the biomechanical movements and sequencing</p> <p><u>10 Days, 40 Hours</u><br/> Jul 9 - 12, 2026: Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM<br/> Jul 17 - 19, 2026: Fri, Sat, Sun 11:00 AM - 3:00 PM<br/> Jul 24 - 26, 2026: Fri, Sat, Sun 11:00 AM - 3:00 PM</p> <p><u>10 Days, 40 Hours</u><br/> Aug 19 - 23, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM<br/> Aug 26 - 30, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM</p> <p><u>10 Days, 40 Hours</u><br/> Sep 16 - 20, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM<br/> Sep 23 - 27, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM</p> <p><u>10 Days, 40 Hours</u><br/> Oct 28 - Nov 1, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM<br/> Nov 4 - 8, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM</p> |
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### **VIRTUAL STOTT PILATES® ADVANCED PROGRAM (Level 2)**

**Schedule:** Central Time Zone

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| <p><b>AM - Advanced Matwork (6 hrs)</b><br/> <b>Prerequisites:</b> IMP Course</p> <p><u>1 Day, 6 Hours</u><br/> Jun 26, 2026: Fri 10:00 AM - 4:30 PM</p> <p><u>1 Day, 6 Hours</u><br/> Aug 1, 2026: Sun 1:00 PM - 7:30 PM</p> <p><u>1 Day, 6 Hours</u><br/> Oct 2, 2026: Fri 1:00 PM - 7:30 PM</p> <p><u>1 Day, 6 Hours</u><br/> Nov 15, 2026: Sun 1:00 PM - 7:30 PM</p> |
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